

Ice Cragging Itinerary

Day 1: Ice Climbing Fundamentals

Meet at Northwest Mountain Shop in Sedro-Woolley in the morning (exact time TBD by instructor). Following introductions and a thorough gear check, we will caravan to Heliotrope Ridge Trailhead to start the approach to basecamp. A Northwest Forest Pass or America the Beautiful Pass is required to park.

From a starting point of 3,600 ft elevation, we will spend the remainder of the morning hiking to Harrison Camp (aka Mirkwood) at around 4,800 ft.

After establishing camp, we will put on boots and crampons and hike down to the lower Coleman Glacier. Instructors will set up top ropes on the seracs, review proper top rope belay techniques when dealing with ice, then demonstrate ice climbing movement and technique. Participants will spend the remainder of the day refining their movement skills on top rope while receiving one-on-one coaching from instructors.

If there is time, instructors may also teach other skills such as placing and cleaning ice screws. However, the primary objective of this two-day clinic is to allow for as much climbing/top roping time as possible for all participants.

Day 2: Top Rope Day and Hike Out

After breakfast, we will hike down to the lower Coleman Glacier and seek out longer, more sustained and steep ice pitches (likely in some of the deeper crevasses on the glacier) to continue refining climbing movement and technique. Instructors will set up top rope lines for participants to use.

We will plan to break down camp and start hiking out by mid afternoon following a few hours of top roping and coaching from instructors.

After returning to the trailhead, we will caravan back to Sedro-Woolley, sort and return any group gear, then celebrate and debrief with a group dinner in town.